



HEALTHY VEGAN COOKING CLASS

Saratoga Springs Public Library

April 7, 2022



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Plant-Based Sandwich Fare

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Olive Spread

Ingredients

2 small cloves (or 1 large) peeled garlic
½ cup roasted red pepper, water drained off and patted dry
1 ½ cups drained, pitted kalamata and green seasoned olives (loosely packed)
2 Tbsp drained capers
1 tsp oregano or Italian herb blend
2 tsp lemon zest
1-2 Tbsp freshly squeezed lemon juice
Ground black pepper (several twists)
¼ tsp red pepper flakes (optional)

Directions

1. Chop garlic briefly in food processor.
2. Dice roasted red pepper into small ½" squares.
3. Cut olives in half to ensure there are no pits or pit fragments.
4. Place red pepper, olives, and all remaining ingredients in food processor with garlic and pulse briefly to desired consistency. Do not chop into a smooth paste.
5. Refrigerate to let flavors blend.

Cashew Mayonnaise

Various vegan "mayonnaise" spreads are readily available in many grocery stores, but you can easily use a blender to make one that does not contain any oil.

Ingredients

1 cup raw cashews
1 Tbsp apple cider vinegar or white wine vinegar
1 Tbsp lemon juice
1 tsp stone-ground or Dijon mustard
1 tsp garlic powder
¾ tsp onion powder
¼ heaping tsp sea salt
¼ cup water (and more to thin, if needed)

Directions

1. Soak cashews in hot water for at least 1 hour. This helps make them creamier once blended.
2. Add drained cashews and all other items to blender; process until smooth.
3. Pour into a jar or container and store in fridge until ready to use. It will keep for several days.



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Pickled Red Onions with Lemon

Adapted from: <https://www.feastingathome.com/quick-pickled-onions/>

Red onion turns a beautiful magenta color when pickled, which makes it an appealing garnish on many dishes.

Ingredients

- 1 medium red onion, peeled, and thinly sliced or diced
- ¼ cup white vinegar, or use apple cider or white/red wine vinegar
- ½ cup water
- ¾ tsp kosher salt
- 1½ – 2 Tbsp sugar (or agave syrup)
- 1–2 tsp whole spices (optional: one or any combination of peppercorns, fennel seed, cumin, coriander, peppercorns, caraway, star anise, juniper, allspice)
- ¼ cup fresh squeezed lemon juice

Directions

1. Cut the peeled onion in half and then into either thin slices or ¼" dice. (Do you want curly slices, which are more decorative, or diced pieces which are easier to mix with other ingredients?)
2. Place the onion along with the vinegar, water, salt, sugar and whole spices and any optional additions in a small pot on the stove and bring to a simmer for 1 minute.
3. Remove from stove and cool. Add lemon juice.
4. Place onions and liquid in a clean jar and refrigerate. Liquid should cover onions.
5. Keeps for 2 weeks in the refrigerator.

Optional additions:

- 1–2 garlic cloves, cut in half (cook on stove with onion)
- 1–2 bay leaves
- dried or fresh herbs (oregano, dill, tarragon, etc.)



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Better-Than-Tuna Salad

Ingredients

- 1 15-oz. can chickpeas, rinsed and drained, or 1½ cups cooked chickpeas
- ¼ cup vegan mayonnaise (homemade or store-bought)
- 1 tsp stone-ground or Dijon mustard
- ¼ cup chopped celery
- 3 Tbsp finely chopped green onion
- 2 Tbsp pickle relish or chopped pickles
- 1 Tbsp dulse* (sea vegetable) to add ocean flavor (optional)
- Pepper and salt (omit salt if using dulse, or at least taste first)

Sandwich Fixings (these are suggestions...use whatever you like and have available)

Lettuce
Cucumber slices
Bell pepper slices
Sprouts
Pickled red onions

Directions

1. Mash chickpeas with fork or potato masher, or place in food processor and pulse to chop.
2. Mix all ingredients together.
3. Ideally, chill in refrigerator for 2-3 hours or overnight, so flavors blend.
4. Make sandwich on your favorite bread, wrap, or roll.
5. Bread-free options: Enjoy a scoop of salad on top of a vegetable salad or grain bowl. Or place a scoop of salad on a double layer of large lettuce leaves (Boston head lettuce works well) and wrap it up.

** You can find dulse in natural or health food stores or online. It often is sold in a plastic pouch or shaker-style canister. One supplier is [Maine Coast Sea Vegetables](#), whose products you can order online or find at retail locations.*



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Tempeh Curry Salad

Ingredients

- 8 oz. package tempeh*
- ¼ to ½ cup vegan mayonnaise (homemade or store-bought)
- ¼ cup chopped celery
- ¼ cup raisins or halved green or red grapes
- ¼ cup roasted sunflower seeds (optional)
- 2-3 tsp curry powder (start with just 2)

Sandwich Fixings (these are suggestions...use whatever you have available)

- Spinach or other greens
- Carrot ribbons
- Lemon pickled onions (see recipe in this packet)
- Cilantro leaves

Directions

1. Cut tempeh in quarters. Steam for 10 minutes. Once cool, chop into small pieces.
2. Mix tempeh and remaining ingredients. Adjust mayonnaise quantity based on your preference. Taste after adding 2 tsp curry to see if third teaspoon is needed. Chill salad mixture several hours or overnight.
3. Make sandwich on your favorite bread, wrap, or roll with suggested sandwich fixings.

**Tempeh originated in Indonesia. It is a fermented soybean/grain product, typically formed into a rectangular block. It's usually sold near the water-packed tofu in a refrigerated case in the produce section of the store. Tempeh is rich in protein, fiber, and other nutrients. It has a fresh scent, a somewhat nutty flavor, and dense texture; it holds up well to spicy sauces. Here is information about tempeh from soyboy.com, a tempeh and tofu producer in Rochester, NY:*

"Tempeh is a fermented food, and that's one of the reasons it's so popular. To make it, we add a special type of mold called "Rhizopus" to cooked soybeans (or a mixture of beans and grains). The mold breaks down the carbs, oils, and proteins in the soybeans, improving their texture, flavor, and digestibility, and creating a sliceable tempeh "cake." Once the tempeh is done, we stop the fermentation process with a thorough cook step, which deactivates the mold.

"During fermentation, the good mold is allowed to grow and reproduce. When this particular mold matures, it can create spores that are pigmented black or gray. It's these spores that appear as small dark spots on the surface of your tempeh. These spots are completely normal and totally edible, and they're a sign that your tempeh is fully mature. They don't affect the flavor at all." Also see SoyBoy's [facts/fiction about probiotics and tempeh](http://facts/fiction/about/probiotics-and-tempeh).



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Vegetable Sub with Olive Spread

This Mediterranean-inspired sandwich is bursting with flavor and color. It's a great way to use up leftover cooked and raw veggies. Take a trip through your fridge and see what you find!

Ingredients

Vegan mayonnaise or hummus

Olive spread (recipe earlier in packet)

Vegetable Ideas...choose what you have available

Arugula or shredded green or purple cabbage

Leftover cooked or grilled vegetables (zucchini, summer squash, peppers, onions, green beans, carrots, asparagus)

Cooked broccoli or cauliflower, chopped

Can or jar of artichoke hearts, drained of water and chopped

Grilled eggplant or mushrooms

Tomato slices

Cucumber slices

Raw red onion or pickled onion

Pickled peppers

Fresh basil leaves

Ground pepper

Directions

1. This sandwich can be made on any bread, but it works especially well with a crusty roll or baguette. Pull out some of the soft interior of the bread to make room for more vegetables. (Save the removed bread to make breadcrumbs or to thicken soup.)
2. Once bread is prepared, spread vegan mayo or hummus on one side and spread 2 spoonfuls of olive mixture on the other.
3. Layer in your favorite vegetables, herbs, and pickled ingredients.
4. Either serve immediately for maximum crunch from the bread or wrap up the sandwich and refrigerate, allowing the bread to soften somewhat.